

Report from my participation at the course “Current techniques in endometriosis treatment” at Ircad, Strasbourg, September 12-14, 2022

I was planning on attending this course in 2020 with another colleague, but due to the Covid-19 pandemic I had to postpone the attendance until this year. The Ircad courses are well known for high-quality lectures and hands-on training with experts in the field.

I work at Oslo University Hospital in Norway, where we see and treat a lot of women with endometriosis. For the moment I'm a PhD candidate and do full time research on adenomyosis, a condition in the uterus often seen together with endometriosis.

The purpose of attending this course was to achieve more knowledge about endometriosis, especially diagnostics and treatment as well as hands-on training on live tissue. Endometriosis is a complex disease, and the anatomy can be very distorted, so it requires advanced surgical skills in order to treat the women correctly.

We were four consultants from Norway attending the same course, three from my department and one colleague from another hospital in Norway. We were very excited about the 3-day course, packed with informative lectures and plenty of time for hands-on training. The course was led by Prof. Wattiez and his team of former fellows at Ircad.

The two first days was divided between lectures and hands-on training. The lectures were about diagnosing and treating endometriosis, possible complications and how to avoid them. After lunch we had a 4-hour long session where all the participants were divided in groups of two together with a designated instructor for the hands-on training on mini-pigs. These sessions were extremely valuable. We practiced on laparoscopic suturing, dissection of tissue and lymphadenectomy. You also got the chance to practice more advanced techniques like vascular injuries and repair of the ureter, which is very relevant when dealing with severe endometriosis. On day 3 we focused mainly on complications and how to avoid them.

The course was well-organized, and the faculty was very welcoming and helpful throughout the course. I would recommend this course for anyone interested in learning more about endometriosis and who would like to improve their surgical skills. You don't have to be an endometriosis surgeon in order to take this course, but I would highly recommend it anyone interested in endometriosis and who wants to improve their surgical skills.

Finally, I would like to thank NFOG for giving me the chance to attend the course. I return with a lot more knowledge and valuable tips and tricks I can use as a gynecologic surgeon.

Best regards

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